

French Spinach Frittata

Rating: ★★★★★

Prep time: 15 minutes

Cook time: 15 minutes

Makes: 6 Servings

Scallions, spinach, and feta cheese are added to this classic oven-baked egg dish. Try substituting Cheddar, Swiss, or ricotta cheese for variety.

Ingredients

8 eggs
 1/2 teaspoon salt
 1/2 teaspoon black pepper
 2 cups spinach (finely chopped, if frozen spinach is used , thaw and squeeze out excess liquid)
 4 scallions (root ends discarded, green and white parts chopped into 1/4 inch-pieces)
 1/4 cup crumbled feta cheese
 2 teaspoons vegetable oil

Directions

1. Preheat the oven to 350 degrees
2. Put the eggs, salt, and pepper in the mixing bowl and, stir with a fork until well combined.
3. Add scallions, spinach, and feta cheese and mix well.
4. Put an 8-inch ovenproof skillet on the stove over medium heat and when hot, add oil.
5. Pour the egg mixture into the skillet and carefully transfer to the oven. Bake until the eggs are set and



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	121	
Total Fat	8 g	12%
Protein	10 g	
Carbohydrates	3 g	1%
Dietary Fiber	1 g	4%
Saturated Fat	2 g	10%
Sodium	313 mg	13%

MyPlate Food Groups

Vegetables	1/2 cup
Protein Foods	1 ounce
Dairy	1/4 cup

the top is golden, about 30 minutes.

6. Serve right away or cover and refrigerate overnight.

Notes

Cheddar, Swiss, or ricotta cheese can be used instead of feta

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